

OUR FUEL YOUR MIND
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KITCHEN
 MENU

BREAKFAST

Available all day

- BREAKFAST SANDWICH** **VG**
 plant-based sausage patty, cheddar cheese, folded egg 6
 Add skillet potatoes +2
- PEANUT BUTTER TOAST** **V**
 Grains Galore, banana, blueberry, toasted hazelnut,
 maple syrup 6
- BRUNCH WRAP**
 herbed scramble, bacon, cheddar, avocado,
 whole wheat tortilla 9
- WOODSIDE BREAKFAST***
 two eggs cooked to order, skillet potatoes, Webster City bacon,
 avocado, Grains Galore toast, seasonal fruit 10
- POWER BOWL**
 quinoa, grilled chicken, spinach, grape tomato, scrambled eggs,
 queso fresco, guacamole, Grains Galore toast 10

SHAREABLES

For when you want a little less

- POOLSIDE GUACAMOLE** **GF VG**
 sweet corn pico de gallo, queso fresco
 served with seasoned tortilla chips 8
- CHILI SALT EDAMAME** **GF V**
 sweet soy and ginger sauces, shishito peppers 8
- CAULIFLOWER WINGS** **V GF**
 hot sauce, carrot, celery, coconut yogurt ranch 9
- HUMMUS PLATE** **VG**
 grilled pita, mixed veggies, tapenade, feta 10
- CHICKEN TENDERS** **GF**
 crispy gluten-free chicken tenders, fries
 served with bbq honey mustard 10

SALADS

Add Chicken +4, Shrimp +5, Salmon or Steak +6

- KALE CAESAR**
 romaine, artisan kale, herbed croutons, parmesan 8
- WOODSIDE GREEN** **GF VG**
 Spinach, arugula, broccoli, edamame, cucumber, scallion,
 radish, pistachio, goat cheese, green goddess dressing 9
- SUMMER SPINACH SALAD** **GF VG**
 spinach, strawberries, red onion, feta, pecans,
 strawberry vinaigrette 9
- CAPRESE** **VG GF**
 heirloom tomato, fresh mozzarella, torn basil, cracked pepper,
 sea salt, balsamic reduction 11

HANDHELDS

Served with a choice of french fries or house-made potato chips
 Add a half Woodside Green or House Caesar salad +2

- SUMMER 'SLAW DOG**
 Nathan's ¼ lb beef hot dog, crisp slaw, Japanese mayo,
 sriracha 9
- CHICKEN SALAD**
 Buttonwood Farms chicken, cashews, grapes, celery, onion
 served on lettuce cups, toasted multi-grain bread, or
 whole-wheat wrap 10
- JACKFRUIT BBQ SANDWICH** **VG**
 cabbage slaw, pickles, Korean BBQ sauce, brioche bun 11
- SOUTHWEST TURKEY WRAP**
 mesquite smoked turkey, pepper jack, roasted peppers,
 sriracha mayo 11
- WOODSIDE BURGER**
 Woodside beef blend, cheddar, dill pickle, shredded lettuce,
 special sauce 12
 Add bacon or fried egg +2
- SALMON BLT**
 Atlantic salmon, Webster City bacon, bibb lettuce,
 heirloom tomato, lemon basil dill sauce, ciabattini 12

BOWLS

For when you need a little more

- BUDDHA** **GF V**
 house-made falafel, jasmine rice, vegetable salad,
 pickled jalapeño, cashews ginger sesame vinaigrette,
 tahini sauce 12
- SALMON*** **GF**
 quinoa, roasted cauliflower, grape tomato, crisp green beans,
 harissa vinaigrette, lemon basil dill sauce 13
- KOREAN STEAK** **GF**
 broccoli, jasmine rice, hot peppers, scallion, sesame seed,
 sweet soy sauce 13
- ZEN** **GF**
 seared rare Ahi tuna, rice noodles, edamame, radish, carrot,
 cucumber, scallion, cilantro, bell peppers, sesame seed,
 spicy peanut sauce 13

SIDES **GF V**

- HOUSE-MADE POTATO CHIPS 3
- FRENCH FRIES 3
- SUMMER VEGGIE SKEWERS 4
- GRILLED WATERMELON 4

Most items can be made gluten-free, vegetarian or vegan. Just ask!

GF Gluten-Free **VG** Vegetarian **V** Vegan

EARTHBAR HOURS

MONDAY - FRIDAY
 6:30 AM - 9 PM

SATURDAY - SUNDAY
 8 AM - 6 PM

KITCHEN HOURS

MONDAY - FRIDAY
 8 AM - 9 PM

SATURDAY - SUNDAY
 8 AM - 6 PM



Menu created by Executive Chef, Michael Giampetruzzi of Woodside Kitchen
 * Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness